

# Health & Wellness

## Cardio Fit

Focuses on cardio, toning, flexibility & relaxation. You may sit or stand during your exercise. **Tuesdays @ 9:30-10:15 am**  
**Fitness Pass required or \$8 drop-in.**

## Hatha Yoga

Hatha Yoga is a gentle yoga that focuses on controlled movements and stretching. **Tuesdays & Thursdays @ 10:30-11:45am**  
**Fitness Pass required or \$8 drop-in.**

## Dance Fit

Fun upbeat exercise to improve energy, core, muscular strength, cardiovascular endurance, and motor skills. **Thursday's @ 9:30-10:15 am**  
**Fitness Pass required or \$8 drop-in.**

## Pound Full-Body Fitness

This class combines cardio & strength training with yoga & Pilates inspired movements. Lightly weighted drumsticks are used for this class. **Mon, May 5<sup>th</sup> @ 10:30-11:15 am**  
**Fitness Pass required or \$8 drop-in.**  
**Pre-registration is required.**

## Mindfulness Meditation Class

Breathing techniques, gentle stretching and meditation are the focus of this class. Lower your stress and improve your focus. **Mon, May 12<sup>th</sup> & 26<sup>th</sup> @10:30 - 11:30 am**  
**Fitness Pass required or \$8 drop-in.**  
**Pre-registration is required.**

# Recreation

## Euchre

Join us for Euchre or Hoss. **Monday's 1:00-3:00 pm**  
**Activity Card or \$2 drop-in.**

## Bingo

Join us for a friendly game of Bingo. **Tuesdays @ 12:30-1:30 pm** **FREE**

## Tai Chi

Enjoy the many health benefits of Tai Chi in a safe and friendly environment. No previous experience is necessary. **Wednesdays @ 10:30-11:30 am**  
**Activity Card or \$2 drop-in.**

## I Love to Make Things Group

Crafters, Crocheters, and Creative Minds are all welcome to join. Bring your ideas, and projects to share in this fun social group. **Wednesday's 1:00-3:00 pm**  
**Activity Card or \$2 drop-in.**

## Walking Group

Please come walk for exercise, fun, and fellowship. Rain or Shine. **Friday's at 9:15 -10:15 am.**

## Book Club Meeting

Please come and join our Book Club. Meetings are held monthly. **Thursday, May 29<sup>th</sup> 1:00 pm**  
**Activity Card or \$2 drop-in**

## Bingo & Lunch

Join us for a Fish & Chip Lunch & Bingo. **Friday May 30<sup>th</sup> , 12:30-1:30 pm**  
**Pre-registration is required. Cost: TBD**

# Workshops

## Elder Abuse Presentation

Victim Services will be giving us a presentation on Elder Abuse. **Thursday, May 1<sup>st</sup> 1:00-2:00 pm**  
**Pre-registration is required. FREE**

## Canvas & Mocktails

Paint your own masterpiece with step-by-step instructions while sipping a mocktail. **Tuesday, May 6<sup>th</sup> 2:30-3:30 pm**  
**Pre-registration is required. FREE**

## Women's Social Group

Come out for great conversations and a laugh with friends. Coffee & Tea provided. **Friday, May 2<sup>nd</sup> & 16<sup>th</sup> 12:00-1:00 pm**  
**Pre-registration is required. Activity Card or \$2 drop-in.**

## Line Dancing Group

Come and practice your line dancing skills with fellow members. All levels welcome. **Friday's @ 11:00-12:00 pm**  
**Activity Card or \$2 drop-in.**

## Tech Savvy

Do you need a little help navigating technology? Phil will be here to show you the ins and outs of our electronica. **Thursday, May 15<sup>th</sup> 2:00-3:00 pm**  
**Pre-registration is required. FREE**

## Connect Hearing

Come and meet Daniel and learn about hearing loss, hearing help, and how to be proactive about your hearing health. **Wed, May 21<sup>st</sup> 1:30-2:30**  
**Pre-registration is required. Cost: FREE**



# Activities Calendar



# May

CYPRES 55+ provides a friendly gathering place for adults 55+ to meet new friends, learn new skills, and participate in leisure activities.

For more information  
Contact: Nicole Currell  
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(905) 765-4408 Ext 226  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Birthday</b></p> <p>Adele Candy Betsy Bev Dianne Greg Helen D Helen H Joyce</p>	<p><b>Happy Birthday</b></p> <p>Kathy Nancy Pat Peggy Peter Sharon Sue Tina Yvonne</p>	<p><b>Happy Mothers Day</b> <b>Sunday, May 11<sup>th</sup></b></p> <p><b>Mental Health Awareness</b> <b>Month</b></p>	<p><b>1</b> 9:30-10:15 <b>Dance Fit</b> 10:30-11:45 <b>Yoga</b> 1:00 – 2:00 <b>Elder Abuse</b> <b>Presentation</b></p>	<p><b>2</b> 9:15-10:15 <b>Walking Group</b> 11:00-12:00 <b>Line Dancing</b> 12:00-1:00 <b>Women’s Social</b></p>
<p><b>5</b> 10:30-11:15 <b>Pound Full-Body</b> 1:00-3:00 <b>Euchre Club</b></p>	<p><b>6</b> 9:30-10:15 <b>Cardio Fit</b> 10:30-11:45 <b>Yoga</b> 12:30-1:30 <b>Bingo</b> 1:30-3:00 <b>Dementia Group</b> 2:30-3:30 <b>Canvas &amp; Mocktails</b></p>	<p><b>7</b> 10:30-11:30 <b>Tai Chi</b> 1:00-3:00 <b>I Love to Make</b> <b>Things Group</b></p>	<p><b>8</b> 9:30-10:15 <b>Dance Fit</b> 10:30-11:45 <b>Yoga</b></p>	<p><b>9</b> 9:15-10:15 <b>Walking Group</b> 11:00-12:00 <b>Line Dancing</b></p>
<p><b>12</b> 10:30 – 11:30 <b>Mindfulness</b> <b>Meditation</b> 1:00-3:00 <b>Euchre Club</b></p>	<p><b>13</b> 9:30-10:15 <b>Cardio Fit</b> 10:30-11:45 <b>Yoga</b> 12:30-1:30 <b>Bingo</b> 1:30-3:00 <b>Dementia Group</b></p>	<p><b>14</b> 10:30-11:30 <b>Tai Chi</b> 1:00-3:00 <b>I Love to Make</b> <b>Things Group</b></p>	<p><b>15</b> 9:30-10:15 <b>Dance Fit</b> 10:30-11:45 <b>Yoga</b> 2:00-3:00 <b>Tech Savvy</b></p>	<p><b>16</b> 9:15-10:15 <b>Walking Group</b> 11:00-12:00 <b>Line Dancing</b> 12:00-1:00 <b>Women’s Social</b></p>
<p><b>19</b> <b>Victoria Day</b>  <b>The CSCHN is closed today.</b></p>	<p><b>20</b> 9:30-10:15 <b>Cardio Fit</b> 10:30-11:45 <b>Yoga</b> 12:30-1:30 <b>Bingo</b> 1:30-3:00 <b>Dementia Group</b></p>	<p><b>21</b> 10:30-11:30 <b>Tai Chi</b> 1:00-3:00 <b>I Love to Make</b> <b>Things Group</b>  1:30 – 2:30 <b>Connect Hearing</b></p>	<p><b>22</b> 9:30-10:15 <b>Dance Fit</b> 10:30-11:45 <b>Yoga</b></p>	<p><b>23</b> 9:15-10:15 <b>Walking Group</b> 11:00-12:00 <b>Line Dancing</b></p>
<p><b>26</b> 10:30 – 11:30 <b>Mindfulness</b> <b>Meditation</b> 1:00-3:00 <b>Euchre Club</b></p>	<p><b>27</b> 9:30-10:15 <b>Cardio Fit</b> 10:30-11:45 <b>Yoga</b> 12:30-1:30 <b>Bingo</b> 1:30-3:00 <b>Dementia Group</b></p>	<p><b>28</b> 10:30-11:30 <b>Tai Chi</b> 1:00-3:00 <b>I Love to Make</b> <b>Things Group</b></p>	<p><b>29</b> 9:30-10:15 <b>Dance Fit</b> 10:30-11:45 <b>Yoga</b> 1:00-2:00 <b>Book Club</b></p>	<p><b>30</b> 9:15-10:15 <b>Walking Group</b> 11:00-12:00 <b>Line Dancing</b> 12:30-2:00 <b>Bingo &amp; Lunch</b></p>